



LAKESIDE HURRICANES JUNIOR SWIM COACH 2019

JOB DESCRIPTION

I. Position Title: Full Time Junior Swim Coach

II. Summary Statement of Overall Purpose/Goal of Position:

- Under the supervision and direction of the LSRC Head Swim Coach, responsible for assisting in conducting a swim program which teaches the correct stroke techniques and prepares selected Mite and Midget entry-level participants for competitive summer swim meets.
- Methods of instruction and techniques taught will be under the control and direction of the Head Swim Coach.

III. Managerial and Directional Duties

- Assist in carrying out the Mite AM & PM workouts. All workouts will be at the direction of the head swim coach and will be appropriate for primarily entry-level Mite and Midget swimmers. These workouts should include skill development (observe and correct stroke mechanics) and physical conditioning, plus other activities (including fun events) related to the development of competitive swimming.
- Assist in teaching Mites and entry-level Midgets starts (including proper diving technique) and turns as well as race tactics.
- Be engaged in weekday afternoon scheduled practices, all Lakeside swim meets, and the JRAC Championship meet as they relate to Mite swimmers.
- Participate in JRAC swim coaches' meetings.
- Contribute to the Lakeside Picnic and Awards Ceremony at or near the close of the swim season.
- Serve as a role model by following all JRAC swimming rules as set forth in the rule book for the current season

IV. Relationship Management Responsibilities

- Attend meets, assist in supervision and motivation of Mite swimmers and offer positive suggestions for improvement to the Mite swimmers.
- Assist in building self-esteem and confidence of team members and use good judgment in determining expectations and level of physical strain placed on swimmers.
- Model sportsmanship behavior and team-building support skills
- Ensure that all Lakeside Mite swimmers conduct themselves in a safe and courteous manner at all practices and meets while under Mite coach supervision.
- Respond quickly and effectively to all emergency situations.

V. Qualifications

- **Education/Experience:** Competitive swimmer with Lakeside Hurricanes, be enrolled in High School or a post secondary education program; be at least 15 years of age with a work permit and transportation to and from workouts.
- **Certificates/Licenses:** Current certification in American Red Cross CPR and First Aid or comparable would be preferred. Possession of a valid American Red Cross Lifeguard Training Certificate would be preferred.
- **Knowledge of:** Competitive Swim Programs.
- **Exhibits:** leadership skills; team-building skills.
- **Communication Skills:** Ability to communicate effectively with mite and midget age groups; ability to enforce pool regulations in a firm manner while maintaining control over practices.

VI. Working Conditions:

- Generally comfortable working conditions; moderate mental pressure and fatigue exist during a normal workday due to exposure to outside elements; moderate physical exertion is present because of job requirements; requires evenings and late nights.

VII. General Information and Procedures

- At the request and direction of the Head Swim Coach, the Junior Swim Coach will provide support in upholding the following requirements as they relate to Mite swimmers:
- Practice schedule must be mutually agreed upon by the Head Coach and the Junior Coach prior to the beginning of the season.
- If practice times are changed, swimmers must be notified in advance.
- Responsible for designating awards using total points earned to determine Most Valuable and best times achieved to determine Most Improved for each age group for both boys and girls. These awards are to be presented at the awards picnic.
- Up-to-date swim results, times, places, etc. must be used to determine the participants in the championship meet.

The above statements are intended to describe the general nature and level of work being performed by the person(s) assigned to this job. They are not intended to be an exhaustive list of all duties, responsibilities, and skills required. This updated job description supersedes prior descriptions for the same position. LSRC reserves the right to add or change duties at any time.